

Tests You Can't Live Without

Preventive Screenings for all Ages*

Health Test	Ages 20-29	Ages 30-39	Ages 40-49	Ages 50 and older
Physical Exam				
Blood Pressure ¹				
Professional Breast Exam				
Self Breast Exam**	Monthly	Monthly	Monthly	Monthly
Mammogram ²				
Pap Test ³				
Cholesterol ⁴				
Skin Examination				
Diabetes Screening ⁵				
Sigmoidoscopy				
Vision				
Glaucoma Screening ⁶				
Regular Dental Cleaning	6 Months	6 Months	6 Months	6 Months
Stool Blood Test				
Professional Testicular Exam				
Prostate Specific Antigen (PSA) ⁷				
Digital Rectal Exam				



Every year



Every 1-2 years



Every 2-3 years



Every 3-5 years

*Recommendations for preventive exams may differ among various health authorities. These apply only to healthy people who do not have symptoms of illnesses. Follow your doctor's advice. Also, check with your insurance company to see if and when tests are covered. Source: The Clinician's Handbook of Preventive Services, 2nd edition, U.S. Public Health Service.

**Ask your doctor or call 1-800-ACS-2345 for a step-by-step self-examination guide.

Footnotes

1. Patients with a normal blood pressure reading should have blood pressure measured yearly if any of the following pertains: diastolic blood pressure between 85-89 mm Hg; African-American heritage; moderate or extreme obesity; 1st degree relative with hypertension; or a personal history of hypertension.
2. Women at higher risk for breast cancer should seek expert medical advice about whether to have mammograms before age 40. {Note: The American Cancer Society recommends a yearly mammogram for all women over the age of 40.}
3. Pap tests should start at age 18, or under age 18 if sexual activity has begun. {Note: The American College of Obstetricians and Gynecologists recommends an annual pap test.}
4. The National Cholesterol Education Program recommends a blood cholesterol test at least once every 5 years and that high-density lipoprotein (HDL) be part of the initial cholesterol testing.
5. Diabetes screening should be done every 3 years starting at age 45. Testing should be considered at an earlier age for those with a 1st degree relative with diabetes; American Indian, Hispanic; or African American heritage; and those 20% over ideal body weight.
6. Glaucoma screening is recommended to start at age 40 for African Americans.
7. Annual PSA testing should begin at age 40 for African American men and men with a family history of prostate cancer.